



SPINAL COURIER

SPINAL CORD
COMMISSION

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April, 1993

Skip Wilkins to Keynote Annual SCI Conference

Nationally acclaimed author and motivational speaker Skip Wilkins will present the keynote address at this year's annual conference.

Skip Wilkins, a gold medal winning wheelchair athlete who experienced quadriplegia soon after graduating from high school in 1967, will speak on achieving victories in life. In a later session Skip and his wife Daphne will lead a discussion on "Changes in Life" and how they have coped with life's challenges as a couple. Skip Wilkins' presentation at the conference is sponsored by United Medical and Quickie Designs.

"We're really excited to have Skip Wilkins here. If you haven't met

him, be here - his message is one you won't forget," encourages Cheryl Vines, ASCC Executive Director.

The theme of our fourth annual conference is, "Living with Spinal Cord Injuries in the '90s: Making Changes." The program will highlight changes and innovations, and how each person can make changes work for them. Following through with this theme, other session topics planned include innovations in housing, basic medical research developments, changes in health care, self advocacy and effective communication, decubitus management, sexuality and relationships, aging, rural resources and adaptations, and recreation and

personal exercise (featuring Grover Evans and Dr. Cindy Albright - see related article below). The program will prove to be varied and interesting with the most current information available.

The day long conference will be held on June 3 at the C. A. Vines Arkansas 4-H Center located west of Little Rock in Ferrisdale, Arkansas. This spacious facility has a large concourse which will allow more space for vendor displays and greater maneuverability for the many wheelchair users who attend the conference each year.

The ASCC's fourth annual conference promises to be the best yet. Plan to attend and share in "making changes!"

A Successful Team: Athlete Evans and Coach Albright

ASCC Commissioner Grover Evans and Dr. Cindy Albright, Associate Professor of Physical Education at Arkansas State University, made a joint presentation at the 1993 Joint Convention of the Southern District American Association of Health, Physical Education, Recreation and Dance (AAHPERD) and the Texas Association HPERD in Fort Worth, Texas, February 10-14, 1993, attended by over 10,000 educators and professional people. The presentation was entitled, "Training the Elite Disabled Athlete in the Sport of Swimming."

As Mr. Evans' coach, Dr. Albright trained him for the 1992 Paralympic Games in Barcelona, Spain.



Mr. Evans finished sixth place in the 50m freestyle, seventh place in the 50m backstroke (setting the American record), and sixth place in the 100m distance freestyle.

"It was an exciting experience sharing with other professionals. It helped me reach a large goal in my life. I hope I will be able to inspire others to set and achieve their goals," stated Mr. Evans.

Mr. Evans has been selected to compete in the 1993 World Games in Milan, Italy, in July. He has also been chosen by the U.S. Olympic Committee to serve on the Paralympic Advisory Committee for the 1996 Paralympic Games in Atlanta.

SPINAL COURIER

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Thomas L. Farley
Editor

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BUCKLE UP!

REUNION PLANNED

The Hot Springs Rehab Center Reunion Committee is in the process of getting people together for a third annual reunion for the physically challenged. They are interested in contacting individuals with a disability, primarily those who have attended the Hot Springs Rehabilitation Center in past years.

The dates for the reunion will be July 9, 10 and 11 (Fri. through Sun.). Friday, July 9, will be spent at Hot Springs Rehab Center with a reception, get-together and planned dinner in the cafeteria. Saturday, July 10, will be spent at the Hospitality House at Burns Park in North Little Rock with a catered lunch and get-together through the evening. Sunday, July 11, a send-off brunch is planned for those who stayed overnight in the area. Anyone interested in attending the reunion, please contact:

Toni Stanley
2501 Riverfront Dr, Apt D-106
Little Rock, AR 72202

SPINAL COURIER Letters

Questions • Suggestions • Directions • Answers

Tips from the Field: Jay Cushion

Dear Editor:

Readers who use or recommend Jay cushions filled with gel should be aware that the cushion needs to be kneaded periodically in order to maintain its elasticity. Failure to do so will result in the gel turning clay-like.

Robert Griffin, ASCC

Tips from the Field: New Shoes

Dear Editor:

When I buy new shoes, I'm careful to check for over-tightness until they get broken in a little. If possible, I buy the extra wide size. They give me "breathing" room across the ball of the foot and that will keep pressure sores away. Also, I remember to check that none of my toes are curled under after putting on my shoes. Toes curled under all day long lead to a bad sore. (From Second Thoughts, University of Kansas, Life Span Institute.)

Resourceful Woman Newsletter

Dear Editor:

The Rehab Institute of Chicago is now publishing an interesting newsletter, Resourceful Woman, which deals with the concerns of disabled women. It is distributed free. If anyone is interested in being placed on their mailing list, write to: Resourceful Woman, Rehab Institute of Chicago, 345 E. Superior Street, Suite 1562, Chicago, IL 60611.

Shirley McCluer, M.D.

WANTED Quads to Play Rugby!

Dear Editor:

As a quad tennis player, I have recently become interested in playing Quad Rugby. As the name implies, it is played only with quads. With the vast SCI population in Arkansas I'm sure we can put together a team. It only takes four or five people (male or female). If you are interested in playing quad rugby or tennis please call me at 362-3917 or contact me at the address below:

Mark Carson
44 Little Lake Lane
Heber Springs, AR 72543

\$\$ Urinary Tract Infections \$\$

The following was taken from Second Thoughts, an information sheet on secondary disabilities related to spinal cord injury. If you have a good tip you might be able to pick up an easy \$40! Editor

Have you discovered effective ways of coping with urinary tract infections? If so, we'd like to hear from you so we can share your techniques with other readers of this publication (Second Thoughts). If we choose your tip for publication, we'll send you \$40. Send to Tips, Second Thoughts, 4089 Dole University of Kansas, Lawrence KS 66045-2930.

Baby Photos

It's nice to see (on page 3) that baby Dalton and the Grisham family are doing so well. If you're an ASCC client who is also a new mom, send in a favorite photo of your child and you with a note that you would like to share and I'll print them here. Editor.

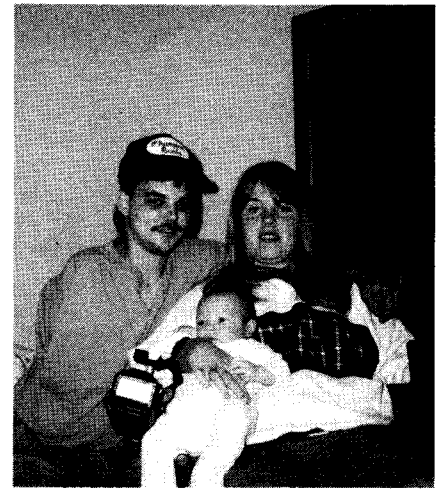
MICHELLE WATERS GRISHAM

Case Manager Charles Crowson of Batesville is really proud of his clients and their courage and determination in meeting life goals. A prime example of this is Michelle Waters Grisham and her family.

On February 1, 1989, Michelle (then aged 18) was injured in an automobile crash and experienced quadriplegia at the C4-5 level. After acute care at St. John Medical Center in Springfield, MO, Michelle was transferred to Shepherd Rehabilitation Center in Atlanta, GA, for her rehabilitation program. While at Shepherd, an Invacare Arrow XT power chair with a power reclining LaBac system was recommended to allow more independence and comfort.

In April 1991 Michelle enrolled at the Hot Springs Rehabilitation Center for vocational evaluation with the assistance of Mr. Warren Wright, Rehabilitation Counselor from Harrison, who was her field counselor. She completed her vocational evaluation program in about four months and the evaluation team recommended she return to Mountain Home and begin classes at the local junior college. By August 1991 she had enrolled in college and began attending classes.

While at Hot Springs, Michelle met Jimmy Grisham; they started dating and later married. In February 1992 Michelle became pregnant and decided to discontinue college classes. After experienc-



ing complications at the first of July, she was admitted to Cox Medical Center in Springfield, MO, where she gave birth to a healthy baby boy in August. Michelle and baby Dalton were discharged home in September and have been doing well.

ROLLIN' RAZORBACKS TAKE SECOND NATIONAL CHAMPIONSHIP

Arkansas' Rollin' Razorbacks won their second National Championship, defeating the Casa Colina Condors, 66 to 58, at the 45th National Wheelchair Basketball Tournament in Cambridge, MA, on March 27, 1993. The team was led by tournament Most Valuable Player Tim Kazee, who scored 32 points in the championship game. The team won their first championship here in Little Rock in 1991.

The Fort Smith Shooting Stars, led by Doug Moore, progressed to their first post-season tournament this year, the Midwest Regional Tournament in Little Rock, where their first draw was the Rollin' Razorbacks, who won the Regional and the Midwest Sectional in Minnesota on their way to Boston.

The Spinal Cord Commission members and staff extend their congratulations to both the Rollin' Razorbacks and the Shooting Stars on their successful seasons.

From the Director

The trees are budding, the daffodils are blooming and the robins have returned to my yard -- Spring has sprung! I don't know about you, but I'm ready for warm, longer days and the activities Spring will bring.

First, April brings us National Volunteer Week (April 18-24). I'd like to personally thank all volunteers who have assisted us this year in our prevention programs, resource library and special events -- we couldn't have done it without you! Thanks so much.

Spring also brings some of my favorite programs: Super Spokes Saturdays and Spina Bifida Camp, both for kids 6 - 16. Moms and Dads, be sure to get your athlete and camper signed up early! If you have doubts about your child attending camp - give me a call. We'll put you in touch with moms and dads who have worked through these concerns. Both are great opportunities. Our annual regional fishing derbies start this

month and they're great fun for everyone -- come out this year!

Spring also brings changes, including changes in locations for some of us. During the just completed legislative session, the Division of Rehabilitation Services was transferred from the Department of Human Services to the Department of Education (Division of Vocational Technical Education). This means that the Division of Rehabilitation Services offices, and the Spinal Cord Commission offices, in many cities will be moving. As the changes happen, we'll keep you up-to-date on how to reach your Case Manager.

Finally, mark your calendar for **June 3, 1993**, our fourth annual conference, "Living with Spinal Cord Injuries in the '90s: Making Changes." It promises to be the best yet and I want to see YOU there!

Cheryl L. Vines

HOW TO GET UP WHEN YOU'RE DOWN

Nine survival strategies when life becomes a battle.

Some people are better survivors than others. But all people will encounter experiences, such as the death of a loved one, divorce, disability, disease, and/or financial adversity, that will test their mettle and challenge their courage. Some will become bitter; others will become better. And while some individuals may be born with naturally resilient temperaments, all of us can develop stronger coping skills.

Here are nine survival strategies to use when your life becomes a battle:

✓ Be Determined

Survivors instinctively operate on this persistence principle - it's always too soon to quit. They evoke a fierce determination that helps them to overcome adversity and emerge victorious.

✓ Shed Tears

"May I cry or should I be brave?" asked a little girl before her leg was amputated. Her question illustrates the strong value judgment that our society places on crying, even by the very young. Crying, however, is a natural - and healthful - response to anxiety, fear, loss, and frustration. Crying, researchers have discovered, has both a psychological and physical healing value - it is an important way to release tensions and relieve emotional stress.

✓ Find Support

Seek out people with whom you can share your feelings. Feelings shared are feelings diminished. Indeed, such communication can be lifeline for survival. According to Bernie Siegel, MD, author of

Love, Medicine, and Miracles, "Time after time, research has shown that people who give vent to their negative emotions survive adversity better than those who are emotionally constricted. Among patients with spinal cord injuries, those who express strong grief and anger make more progress in rehabilitation than those with a more stoical attitude."

✓ Use Anger

Anger is not a choice - it is an ever-present raw emotion whenever the pain of life is experienced. Ignoring or denying anger is never helpful. Use your anger as the fuel to ignite the determination to survive.

✓ Be Flexible

Adapting to an ever-changing environment is critical to survival. Those who become more rigid under adversity are the ones most likely to break under pressure.

✓ Trust Yourself

Survivors frequently rely on their intuition and instinct. They are able to make quick judgments and snap decisions when they are in deep crisis, "leaping into action" rather than stopping to think the problem over and over.

✓ Take Charge

When you are under severe stress, it is critical to maintain some sense of control over your life - even if it is only a modest amount of control. Nothing is more destructive to the human spirit than the feeling of utter helplessness. No matter how challenging life becomes, there is always some decision or act that you can choose to do, thereby evoking a sense of power over fate.

✓ Help Others

You will feel better about yourself when you reach out to others. Healing often comes through helping. Commitment to another person or to a cause counters the inclination to become bitter and give up. At the same time, reaching out to others puts your problems in perspective and can generate positive feelings about your own difficulties.

✓ Create Meaning

It's possible to make the transition from pain to power. This is done by shifting from the question: "Why did this happen?" to "What can I learn from this?" and "How can I grow as a result of this experience?"

By using these nine survival strategies, you will be able to reach within yourself and free the human spirit to soar over any adversity. If discouragement becomes pervasive, perhaps these words from diplomat Bruce Laingen, a former hostage of Iran, will help: "We are like tea bags. We don't know our own strength until we get into hot water."

Originally printed in the September, 1991 issue of Independent Living.

Guillain-Barré Syndrome Fact Sheet Available

A new fact sheet on Guillain-Barré Syndrome is now available from the ASCC Resource and Education Center.

Fact sheets are one page information pamphlets about specific spinal cord disability problems. With the addition of this one, a total of eleven fact sheets are now available from the ASCC Resource and Education Center. Single copies of fact sheets are free and can be requested from the Education Center or from any Case Manager.

SPEAKER WORKSHOP KEEPS THE PREVENTION MESSAGE ROLLING

ASCC Health Educator Ann Shaw Whitehead outlined the Spinal Cord Injury Prevention Program activities for the year at the 1993 Speaker Workshop in Little Rock on March 18. The workshop provided an opportunity for program veterans and newcomers to learn about the program, discuss program changes and establish speaking schedules for the remainder of the year.

The ASCC Injury Prevention Program will continue to educate those most prone to spinal cord injury, young males between the ages of 15 and 30, about the risks and prevention of these injuries

through funding from the Office of Disability Prevention, Arkansas Department of Health, and the Centers for Disease Control.

"A key aspect of our presentations continues to be the involvement of our clients," Whitehead said. "We have found that information shared by persons who have had first-hand experience with the trauma of a spinal cord injury is most effective in impressing young people on the importance of wearing seat belts, not drinking and driving or participating in sports, and checking the water out before diving."

Presentations are scheduled to begin in April at lifeguard training centers and substance abuse centers across the state. The one-hour presentations will consist of a brief message by the health educator, a showing of the award-winning "Harm's Way" video, and a guest speaker with a spinal cord injury who speaks candidly about the circumstances surrounding his or her injury.

If you would like to become involved in the prevention effort or need more information about the program, call Ann Whitehead at 324-9620.

COMMUNICATION WORKSHOP

The Video Spotlight

Nobody is Burning Wheelchairs is an 18 minute video on the Americans with Disabilities Act featuring a comedian with a hearing disability and a reporter in a wheelchair. It deals with how others feel about being with people with disabilities and the need to include them in activities.

"Part of the Team" - People with Disabilities in the Work Force is an 18 minute video about people in the work force and how they deal with their different disabilities from the employee and the employer's points of view.

Sex and the Spinal Cord Injured is a 40 minute lecture given by Dr. Shirley McCluer at BRI about sexual functions and the spinal cord injured.

This is a small sampling of the videotapes that are available for loan through the ASCC Resource and Education Center. Contact Loretta Decker at 324-9628 to borrow one of these videos.

On January 5, the client and caregiver support groups met at White County Memorial Hospital Annex in Searcy for a series of activities to help facilitate communication. The session began with an activity where couples sat back-to-back. One person in each couple was handed a drawing of lines and it was his/her responsibility to describe the drawing to his/her partner. The partner then had to make a drawing from the instructions given. This activity involved a lot of fun (e.g., one wife's instructions were to "draw a 3x5 rectangle;" her husband, not understanding her directions, told her to give it to him in inches). At the end of the activity all of the drawings were put on a board and compared with the originals. Discussion followed on how instructions were given and interpreted, and this was then related to communication problems in the home. Another activity involved making a list of problem areas for communication at home. The problem most often mentioned was money. A lot of serious discussion (e.g., criticism and how to give it constructively),

as well as joking, followed. At the end of the session each person made one positive statement to his partner. Participants were encouraged to make this an everyday habit - say something positive and genuine to that person daily.

It proved to be a very enjoyable and successful workshop, and the group unanimously decided to have a similar session in the future.



HEART DISEASE & SPINAL CORD INJURY

by Shirley McCluer, M.D., ASCC Medical Director

For the first time in history, significant numbers of persons with spinal cord injury (SCI) are surviving more than 40 years after injury.

This raises questions about what problems an aging paraplegic or quadriplegic can expect. Are there special risks that are different from the general population? Unfortunately, the same individuals who served as pioneers and guinea pigs 30-50 years ago, when no one knew how to treat SCI, will also be the guinea pigs to help us understand the effects of aging.

Research until now has focused mostly on better treatment for the problems that caused early death in SCI, such as infection and kidney failures. This has been so successful that the leading cause of death in recent studies has been Cardiovascular Disease (heart attack and stroke), the same as in the general population. The risk factors for heart disease in the general population are fairly well understood and, fortunately, most of them are "lifestyle" choices which are under the control of the individual. In the past ten years there has been a 25% decrease in deaths due to heart attack because of voluntary changes in lifestyle.

Factors known to be associated with the high risk for heart attack are:

- Smoking
- High Blood Pressure (over 140/90)
- High Blood Cholesterol
- Diabetes (often caused by obesity)
- Obesity (more than 30% overweight)
- Sedentary Lifestyle (lack of exercise)

Other factors, which are not controllable, include:

- Gender (males)
- Family History (of cardiovascular disease)

What causes heart attacks?

Coronary arteries supply blood and oxygen to the muscles of the heart. Most heart attacks are caused by blockage of these arteries by Atherosclerosis (a buildup of fatty deposits in the wall of the arteries which causes the heart muscle to die). Unfortunately there may not be any symptoms until the first heart attack and about one-half of first heart attacks are fatal before treatment can be started. Therefore, PREVENTION is a must. This consists of eliminating as many of the above risk factors as possible, especially lowering the Cholesterol level in the blood. The earlier this is done, the more effective it will be.

Cholesterol is a very complex issue which is not easy to explain. A few basic facts that you need to know are: Cholesterol comes from animal fats only (not from plant oils). Your body produces its own Cholesterol from fats and oils; so even if you totally eliminate all Cholesterol from your diet, your blood level can still be too high. You must lower the intake of all fats and oils.

There are laboratory tests (should be done after fasting for 12 hours) which are helpful in predicting your risk. Total Cholesterol level (less than 200 mg is desirable) is divided into: LDL (which is bad and should be low) and HDL (which is good and should be over 35 mg.). Triglycerides (fats in the blood) should be low.

Anyone interested in trying to understand Cholesterol better may request information from the



American Heart Association.

How is this related to Spinal Cord Injury?

Early studies suggest that the risk of heart attack is even higher in SCI than in the general population. The reason for this is not clear, but several possibilities can be considered:

- **Lack of Exercise** - most SCIs are only able to do arm exercise which is beneficial, but not as effective as leg exercise. There have been no controlled studies to show whether arm cranking or wheelchair pushing is enough exercise to lower the heart attack risk. Quadriplegics cannot usually work hard enough to get their heart rate over 120.

- **Cholesterol** - SCIs seem to have a much higher level of the (bad) LDL and a low level of HDL. The reason is not clear, but it may be related to the lack of exercise.

- **Silent Heart Attack** - a non-fatal attack is recognized by chest pain. There is evidence that injuries above T4 may not feel this chest pain and thus may have a "silent" heart attack.

- **Stress Testing** - evaluation of heart function before symptoms occur is usually done by stress testing on a treadmill. This is inappropriate in SCI, so that other means of evaluation must be used. Some centers use arm cranking to stress the heart. This seems to work in paras but not in quads.

See Heart Disease, page 7



Educational Scholarships Available

The Arkansas Spinal Cord Injury Association is pleased to announce five \$500 scholarships for persons with spinal cord disabilities pursuing educational training beyond the high school level. If you are preparing to go to a vocational school or college in the Fall, or you are already attending a training program, we encourage you to apply. The deadline for applications is May 15th. Award presentations will be made on June 3rd at the ASCC Spinal Cord Injury Conference at the C. A. Vines 4-H Center in Ferndale, Arkansas.

For an application, please phone Bonnie Bowman at 565-8718 or Cheryl Vines at 324-9624.

Heart Disease from page 6 What can you do?

No matter what your present age or health status, it has been clearly demonstrated that you can lower your risk of a future heart attack by starting now to:

- Stop smoking
- Eat a low-fat, low-salt diet.
- Exercise regularly within your physical limits.
- Lose any excess weight.

The effects of aging will be discussed further at the June 3rd Spinal Cord Injury Conference.

WE KNEW WOOD COULD

The first month of the new year was almost over when Alfred Wood had his auto crash, January 22, 1990. He was rushed to the Baptist Hospital in Memphis, where he was diagnosed as C-4 quadriplegic.

Alfred first heard about the Spinal Cord Commission from his sister-in-law who worked at a Memphis hospital. One week after his injury ASCC Case Manager B.C. Cobb visited him. Arrangements were made and Alfred was soon transferred to Hot Springs. His recovery period was just starting in February 1990 when Alfred became a student at Hot Springs Rehabilitation Center (HSRC).

After completing his vocational training in accounting and business skills at HSRC, Alfred decided to enroll at the Garland County Community College. "I really like it (business) and decided to go on to college to get a degree to become a CPA," explained Alfred. He is currently taking a full class load and plans to transfer to Henderson in Arkadelphia upon graduation from the two-year program at Garland County. Henderson's business department has been recommended, plus the school has a special program to assist students with disabilities and offers attendant care.

Alfred worked long, hard hours with the physical and occupational therapist at HSRC to regain a high percentage of muscle control. "My balance is getting better," said Alfred, "I can get up on a walker. I can walk some but I have to have someone walk with me."

With the skills learned at HSRC and Garland County, Alfred feels he is ready to live independently. Many individuals with disabilities are learning how to live independently, needing only an attendant

to help with personal care a few hours in the mornings or evenings.

Although Alfred is not currently in a physical therapy program, he continues to work on his own exercise program in his room in his free time. "In most instances like this (quadriplegia)," asserted Alfred, "the biggest handicap you can have is yourself. If you can overcome that, you can overcome anything."



Alfred is an advocate for Barrier Awareness with a group in Hot Springs. He thinks most individuals and companies have been cooperative. Once observations are made, a report is given for improvements and most companies have agreed to take of the barriers.

To any new injury Alfred Wood would like to say, "You could be a pessimist and look down. You could be an optimist and look up and see that life goes on -- and so should life."

"Life goes on! If you have that outlook, nothing will keep you down."

ADULT CENTER OFFERS ACTIVITIES FOR ADULTS OF ALL AGES

The University Park Adult Center, located at 6401 W. 12th Street, Little Rock, opened its doors in October. The new facility is totally accessible and offers a variety of activities for all adults. A project of the Little Rock Parks and Recreation Department, the Center offers instruction in ceramics, arts and crafts, and exercise. Also offered are games, educational and discussion groups and workshops. GED classes are scheduled Mon. - Thur. each week. There is a walking club that meets on Mondays and Saturdays, and a Coupon Exchange each Saturday. Many activities are free and others have a nominal cost for supplies.

The facility has a meeting hall, library, lounge with a fireplace and a large screen television, several small meeting rooms, as well as game, ceramics and crafts rooms. Some of the classes being offered at this time include: flower arranging, knitting, and decorations for special occasions. Adults of all ages are invited to visit and see what the Center offers. Meals are

See Adult Center, Column 2

SPINAL COURIER

Arkansas State Spinal Cord Commission
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Little Rock, AR 72207

Commission Members:

Grover Evans - Jonesboro
Sloan Lessley - Calico Rock
Russell Patton - Jonesboro (Chair)
Glennis Sharp - North Little Rock
Sheila Galbraith Bronfman - Little Rock

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FISHING DERBIES

LITTLE ROCK

The Baptist Rehabilitation Institute and the Little Rock Parks and Recreation Department are sponsoring a fishing derby for physically disabled people and their family members Saturday, June 12, from 7:00 a.m. to 12:00 noon at MacArthur Park, Little Rock (located east of downtown on 9th and McAlmont Street). June 12 has been set as a free fishing day by the Arkansas Game and Fish Commission. No fishing license will be required and there is no entry fee. The Arkansas Game and Fish Commission will be stocking the lake with 1,000 pounds of catfish. The limit of ten fish per person must be observed.

Adult Center - continued

not being served at this time, but there are plans for this service in the future. Visitors may bring their lunches and stay all day for activities. The Center is located on a CAT bus line.

For more information, call the Center at 666-3585.

Participants should bring their own fishing equipment and artificial lures or any other desired bait; chicken livers will be available for bait. Anyone planning to keep the fish caught should bring their own cooler and ice. Donuts will be provided. Participants should bring their own drinks and other food.

Prizes will include three rods and reels, a lure assortment and a tackle box. Registration cards will be available upon arrival at the derby which will be placed in a drawing. Winners must be present to accept the prizes.

There is no need to register in advance or to notify the sponsors of plans to attend. Please call Mary Elliot at Baptist Rehabilitation Institute, 223-7520, ext. 7605, with questions or comments.

BATESVILLE

The "Wheels and Reels" Fishing Derby will be held at Bryan Lake at Arkansas College in Batesville on May 8 from 10:00 a.m. to 4:00 p.m. For more information, contact Charles Crowson at 793-4153.

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